

Oct. 18, 1999

Jane Henney, M.D., Commissioner  
U.S. Food and Drug Administration  
5600 Fishers Lane  
Rockville, MD 20857

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Dear Dr. Henney,

As a dietitian concerned about the public's health, I urge you to seriously consider a petition concerning sugar labeling that was submitted to the FDA in August. That petition calls on the FDA to establish a "Daily Value" for refined/added sugars. The petition also suggests that the FDA require the gram amount of added sugars be included on food labels.

I work with a lot of clients, including adolescents, on weight control and am very concerned about the impact of diets high in refined sugars on health. In addition to contributing to obesity and increasing the risk of tooth decay, sugary foods are likely to shove more nutritious foods out of the diet and reduce its overall nutritional adequacy. Soft drinks are a huge "craze" among our youth and often replace milk, making adolescents at increased risk of developing osteoporosis.

Including the amount of sugar and the percent of daily value on labels would help consumers recognize how much added sugars are in processed foods. Currently, it is impossible to determine the added-sugars content in foods, which contain both natural and added sugars. I am not concerned about the consumption of natural sugars, because those sugars are usually accompanied by a variety of nutrients.

I urge you to approve of the sugars-labeling petition, so I can better assist clients in making healthier food choices.

Sincerely,  
*Suzie DuPuis, RD*  
Suzie DuPuis, R.D.

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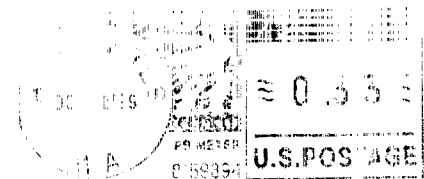
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